

HARFORD COUNTY SENIOR CENTERS

LUNCH MENU - NOVEMBER 2017

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch is served at 12:00 p.m. in the dining room. An 8 oz. carton of milk is served with each meal. Lunch cost: Age 60 and over: \$2.25 is the requested minimum donation. Under Age 60: There is a \$4.00 charge for lunch.			1. TUNA SANDWICH Multi Bean Soup Dilled Baby Carrots Peach Crisp Cinnamon Apples	2. MEATLOAF w/Gravy Mashed Potatoes Peas & Pearl Onions Mandarin Oranges Fruit Punch	3. PULLED PORK BBQ Midwest Baked Beans Fresh Coleslaw Pineapple Tidbits
6. CHICKEN CACCIATORE Brown Rice Pilaf Vegetable Blend Cranberry Juice Diced Peaches	7. HAMBURGER Sauerkraut Midwest Baked Bean Apple Crisp Orange Juice	8. GRILLED CHICKEN SANDWICH Lettuce/Tomato Garnish Fresh Pepper Slaw Cream of Tomato Soup Sliced Apple Snack Pack	9. (SL) Sign up by 11/2 BAKED POTATO w/Chili Con Carne Fresh Spinach Applesauce	10. HAPPY VETERANS DAY ALL SENIOR CENTERS CLOSED	
13. BAKED PORK CHOP w/Braised Cabbage Glazed Carrots Fruit Cocktail	14. (SL) Sign up by 11/7 ROAST BEEF Potato Salad Cole Slaw Fruit Cocktail	15. SALISBURY STEAKWICH Seasoned Greens Navy Bean Salad Peach Crisp Grape Juice	16. GRILLED CHICKEN PASTA SALAD Fresh Baby Spinach Corn Muffin Tomato Soup Fresh Whole Orange	17. HOT HAM SANDWICH Fresh Greek Style Salad Steamed Carrots w/Dill Diced Peaches	
20. SLICED BEEF POT ROAST Stew Cut Vegetables Red Skin Potatoes Apple Juice Mandarin Oranges	21. (SL) Sign up by 11/14 THANKSGIVING ROAST SLICED TURKEY Mashed Potatoes Cranberry Sauce Fruit Cocktail Pumpkin Pie	22. TUNA SANDWICH Split Pea Soup Stewed Tomatoes Apricot Halves Apple Juice Yogurt	23. HAPPY THANKSGIVING ALL SENIOR CENTERS CLOSED	24. HAPPY THANKSGIVING ALL SENIOR CENTERS CLOSED	
27. TERIYAKI CHICKEN BREAST Fried Brown Rice with Peas & Carrots Tomato Juice Diced Pineapple	28. ROASTED PORK LOIN Broccoli Cheese Casserole Fresh Cucumber Salad Parslied Potatoes Diced Pears	29.. CHICKEN & BEEF PENNE JAMBALAYA Steamed Baby Carrots Peach Crisp Fruit Juice	30. BAKED HAM Green Bean Casserole Cut Sweet Potatoes Fresh Broccoli Slaw Pineapple Juice	Vegetarian lunch option is available; Please see the front desk for details and to sign up.	

MEAL RESERVATION PROCESS

To order a meal for a particular day, add your name to the Lunch Sign-Up Sheet no later than 10:00 a.m. **TWO (2)** working days in advance.

To order a meal designated as a "Special Lunch" (SL) (November 9th, 14th & 21st), add your name to the Lunch Sign-up Sheet no later than 10:00 a.m. **FIVE (5)** working days in advance.

If you missed the sign-up deadline, your name can be added to the lunch list as a "Standby" on the day of the lunch. Please see the front desk.

Vegetarian lunch option is available; Please see the front desk for details and to sign up.

All meals are catered by Business Food Solutions, Inc.

Barry Glassman
Harford County Executive

Amber Shrodes
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Dept. of Community Services

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